(1990-2011) TMI Focus
HEMI-LYNC Compilations

Hemi-Lync: Making Global Connections was a bulletin board that appeared regularly in the TMI Focus from 1992-2007. It was designed to connect readers with people, events, and publications around the world that had something to share about Hemi-Sync and The Monroe Institute.

Newspapers (1992-2)
The Georgetowner, Vol. 37, No. 5, February 5-18, 1992. “Positive Immunity Pilot Program: Hemi-Sync and AIDs” by James Greene is a reprint of Jim's article which appeared in the Fall 1991 issue of the HEMI-SYNC™ JOURNAL. *The Georgetowner* is published in Georgetown, Washington, D.C.

[Ed.: We will keep you informed of radio and TV publicity about TMI. Usually, it occurs too quickly for us to let you know ahead of time. However, you may inquire of your local radio and television stations—sometimes they can rerun a show and will do so if enough requests are received.]

Newspapers (1992-4)
St. Petersburg Times, Sunday, July 19, 1992, St. Petersburg, Florida. “A Reflection of Peace of Mind,” by Sabrina Miller, includes a lengthy discussion of Hemi-sync and the *EMERGENCY SERIES* in a story about Gari Carter's heroic physical and spiritual recovery from a shattering auto accident. [Ed.: Also see HEMI-SYNC™ JOURNAL, vol. N, No. 3, Summer 1992, “Use of the *EMERGENCY SERIES* During Multiple Surgeries” by Gari Carter.]

Virginia Pathways, published monthly in Virginia Beach, Virginia, featured a center spread in its June 1992 edition called “Alternative Travel: Adventures in Self-Discovery,” by Gayle Myers. Citing a trend toward “alternative vacationing,” the article highlights several Virginia centers offering self-improvement programs, including TMI.

Newspapers (1994-3)
Arizona Networking News The Spring 1994 issue featured “Sound of Mind and Body” by Professional Division Director Shirley Bliley. In this article, Shirley focused on the ability of sound in general and Hemi-Sync in particular to lead the brain into states of relaxation, concentration, and meditative consciousness which enhance health and promote healing from injury and disease.

C'ville Review “Monroe Institute: tune w/a view,” by Steve Burger, headlined the ADVENTURE section in the March 23-April 5 issue of this local paper. Steve gave a detailed, enthusiastic,

and accurate account of TMI today as well as its history and purpose. His reporting is a superb example of responsible journalism.

London Daily Mail “Femail” for February 26, 1994, quotes Laboratory Director F. Holmes Atwater on TMI's observations of high-frequency temporal gamma among active healers as part of a story on healer Seka Nikolic.

The Daily Progress TMI member Phyllis Popkin's activities as a gentle and considerate “ghost guide” were highlighted in LIFE & LEISURE for March 27, 1994. “So, who you gonna call? “ by Charlottesville reporter David Maurer, lucid and respectful coverage of Mrs. Popkin's unique service which is based on skills learned in LIFELINE.

The April 14, 1994, LIFE & LEISURE feature “A time To Heal,” also by Daily Progress staff David Maurer. The story of Gari Carter's “disfiguring accident [which] didn't scar the spirit” was sensitively told and included information on The Monroe Institute and theoretical aspects of Hemi-Sync. Gari is quoted as saying that the Emergency Series tapes “proved to be nearly miraculous.”

Newspapers (1995-1)
Daily News-Record, Harrisonburg, VA, July 17, 1994. “In 'Healing Myself,' Carter Explores Route from Traumatic Injury to Recovery/' by Staff Writer Donna Murphy gave concise, fast-paced coverage of Gari's story and emphasized the role of the *Emergency Treatment Series*.

The Free Lance-Star, Fredericksburg, VA, July 23, 1994. “After the crash: Triumph of Spirit” by Marilyn Holasek Lloyd was a dramatic and insightful account of Gari Carter's spiritual metamorphosis as a result of her accident and the part Hemi-Sync played.

Wall Street Journal, September 20, 1994. “Research Institute Shows People a Way Out of Their Bodies” by Staff and *GATEWAY VOYAGE* participant, Bob Ortega, described the Institute's work with primary focus on the out-of-body aspects and implications.

Woodstock Times, July 14, 1994. Debra Bresnan's article, “Astral Sax” told how master saxman Hugh Brodie spontaneously astral-projected during an intense practice session. He found the terminology to describe that experience in *Journeys Out of the Body*. Brodie is quoted as saying he intends to visit TMI when he has enough time to really dig in. [*Thanks to J. Morales for this clip tip.]*

Newspapers (1995-2)
Heart & Wings, February, 1995, a newspaper of the Sufi order (in which Gari Carter is an initiate), made “Healing Myself: A Hero's Primer for Recovery from Tragedy” a feature article. Walia Gorman's sensitive account of Gari's injury and recovery portrayed Sufi principles and HemiSync as complements fostering her inner strength and outer healing.

Rocky Mountain News, Health and Fitness Section, Denver, CO, November 2, 1994, ran “Healing author describes tragedy and triumph” as Linda Castrone's weekly column. Author Gari Carter, who probably has the most in-depth experience of anyone with the *Surgical Support* tapes, is described as a role model for others dealing with tragedy.

“A Return to Beauty,” by Jeanne Malmgren, dominated the December 7, 1994, Floridian Section of *The St. Petersburg Times*. Subtitled 'Thirteen years ago, Gari Carter's face was perfect and her life was a mess. Then came the car accident that scarred her face and healed her life,” it describes Gari's odyssey in detail, including the role of the *Surgical Support Series* as she faced multiple reconstructive surgeries.

Newspapers (1995-3)
Leader Publications, Thursday, March 2, 1995. “She manages her pain with audiotapes” by Marilyn Mackey told how TMI's pain control audiotapes helped Gari Carter “use her mind to manage the intense pain she had to endure daily” on her “arduous route” to recovery.

CVILLE Weekly, Vol. 7, No. 11, March 21-27, 1995. “Monroe Institute founder dies” synopsized Bob Monroe's many accomplishments and noted the self-development resources available through The Monroe Institute.

St. Petersburg Times, February 5, 1995. In “Behind a Disfigured Face,” Jeanne Malmgren—scarred herself by a knife accident—reviewed Lucy Grealy's “wise memoir” of a life shadowed by a similar childhood tragedy. She credited Gari Carter, subject of an earlier interview, for directing her attention to Grealy's *Autobiography of a Face*.

Newsletters (1996-2)
The January 1996 issue of *EXPANSION: Tools for Awareness and Well Being,* Charlottesville, VA, gave TMI programs and products star billing in its networking section. Thanks to program graduate and Professional Member Elisabeth Y. Fitzhugh for this courtesy.

Newspapers (1996-2)
“ABC Puts Nelson Man’s Psychic Skills to the Test” captured a front-page slot in the Charlottesville, VA *Daily Progress* on Thursday, November 30, 1995. Joseph McMoneagle’s impressive success at at remote viewing a target chosen at random by ABC was described in detail by *Progress* writer David A Maurer.

The Sunday Times, London, UK, for December 3, 1995, put “Day of the Pentagon Mindbenders” by James Adams front-and-center in its “World News” section. This lucid and sympathetic account featured a photo of Joseph McMoneagle and a detailed explanation—in his own words—of how remote viewing works and stringent protocols designed to prevent deception.

Newspapers (1996-4)
Lightness of Being, May 1996, featured an extensive interview with Dr. Ann Gill Taylor, director of the Center for the Study of Complementary and Alternative Therapies—University of Virginia. “Feds Fund Study of Complementary and Alternative Therapies” by J. B. McGraw presented a lucid and sympathetic view of CSCAT's work. Dr. Taylor made special mention of collaborative underway with TMI.

Newspapers (1997-4)
C-VILLE WEEKLY, a Charlottesville, Virginia, “news of the area guide,” turned the spotlight on Nelson County in its September 2-8, 1997, issue. “A Nelson County Thumbnail Guide” devoted a paragraph to TMI as one of two “ear-based” New Age institutions in the county. Books by Nelsonians were featured under the heading “Eat your heart out, Charlottesville!” The list included *Journeys Out of the Body* and *Far Journeys*, as well as titles by New Land residents Phyllis Whitney, Joseph McMoneagle, Joseph Chilton Pearce, and Phyllis Berman Popkin.

Newspapers (1998-4)
“Good Vibrations: The Monroe Institute Gets in Sync with Human Consciousness” headlined the “Lifestyles” section of the July 19, 1998, Charlottesville *Daily Progress*. In a one-and-a-half page spread with photographs, staff writer David Maurer thoroughly covered the Institute's origins and current activities. A graduate of all five residential programs was quoted as saying, “I'm now more concerned with what I'm actually feeling, and I have shifted a lot more out of the 'do' mode into the 'be' mode.”

The headline on the front page of the “County Lines” section of the July 16, 1998*, Nelson County Times* announced, “Monroe Institute stretches its sales worldwide.” The article briefly explained the Hemi-Sync process and devoted a generous amount of space to Institute *products and services.*

Newspapers (2001-3)
TMl supporter Jim Greene made the front page of the Charlottesville, Virginia*, Daily Progress* on Sunday, May 27, 2001. The article described how Greene's own illness renewed his commitment to establishing the Little Hearts Home, a country retreat where terminally ill children can go for revitalization. The Monroe Institute was mentioned in the context of Jim's interest in alternative therapies.

Newspapers (2002-4)
“In Sync” by Stephen Barling appeared in *C-Ville,* volume 14, number 23, June 4-10, 2002. Mr. Barling's article described The Monroe Institute as a retreat center “dedicated to the exploration of deep mental states and optimized cerebral phenomena . . . a camp for people interested in visiting the furthest reaches of consciousness.”

The January 2002 issue of *Echo*, volume 6, number 1, featured “Monroe and Levels of Consciousness” by Jim Ward, a thoughtful analysis of Robert Monroe's vision and the consciousness-expansion techniques exemplified in The Monroe Institute's residential programs. The piece was complemented by “Religion or Spirituality,” an exchange between two program graduates using Monroe principles to resolve a religious/spiritual conflict.

In “Physicians without Bodies,” *Echo*, volume 6, number 5, May 2002, Laurie A. Monroe described her dramatic experience at the Frei Luiz Center in Rio de Janeiro, Brazil. While receiving healing from the nonphysical physicians on the “other side,” Laurie reaffirmed her connection to all that is. An aquamarine crystal materialized during the healing session to serve as a reminder of that truth.

Newspapers (2003-1&2)

“In-Sync” by Stephen Barling appeared in *C-Ville*, volume 14, number 23, June 4-10, 2002. The author visited The Monroe Institute and described it as a retreat center “dedicated to the exploration of deep mental states and optimized cerebral phenomena . . . a camp for people interested in visiting the furthest reaches of consciousness.” In January 2003 Mr. Barling returned for the *GATEWAY VOYAGE* ™ and to test whether “if one could master one's own belief system, reality would shift to accommodate the new mode.” “Cosmic Degrees: Out of Body at The Monroe Institute,” the story of his experience, appeared as a nine-page spread with numerous photos of Institute landmarks in *The Hook,* volume 2, number 6, February 13-19, 2003.

Echo, January 2003, featured an extensive review of *The Biology of Transcendence* by Joseph Chilton Pearce. Reviewer Jim Ward called the work “one of the most insightful and stimulating books I have read in a long time.” Pearce suggests that the heart, which “contains about 50% neural cells” is our “true center” and that “a state of well-being is more likely when the electromagnetic wave patterns of the heart-brain are in sync (coherence) with those of the head-brain.” Mr. Pearce is a member of the TMI Board of Advisors.

Wellness News, volume 2, number 12, January 2002, ran a short interview with F. Holmes “Skip” Atwater. In “We are more than our physical bodies,” Skip gave a brief history of the Institute and described the residential programs, focusing on practical applications of Hemi-Sync in daily life.

TMI members John Knowles and Linda Leblanc, who live on the eastern Mediterranean island of Cyprus, have recently completed a unique project, Reincarnation Cards@: Awakening Far Memory. The set comprises a hardcover book and sixty-one full-color cards specially designed to provoke “far memories” of both past and future incarnations. The illustrator of the cards also brings a TMI connection, as the designer is TMI residential trainer and artist Patricia Peters. TMI training came into good use as the three worked together over several years, separated

by many thousands of miles. They feel that having attended several TMI programs together helped them to keep in tune and resonate smoothly and creatively throughout the project. The book has an extensive bibliography and resources list for further research, which includes TMI and references the *TIMELINE* program.

The authors, who seek to widen the perspective on reincarnation theory, present solid scientific, physical, and anecdotal evidence for reincarnation. The book includes a look at the implications of quantum physics for understanding the true nature of time, space, consciousness, and the paranormal. John and Linda also provide a philosophical framework to bring greater clarity and understanding to reincarnation experiences, which they hope will enable readers independently to gain an insight into who they really are and their purpose in the universe. Called a “stunning, consciousness expanding work” in the foreword by renowned transpersonal psychologist and educator Dr. Stanley Krippner.

Newspapers (2006-3&4)

On July 18, 2006, *The Winnipeg Free Press Online Edition* ran an article authored by Carolin Vesely in “The Good Life” section. “Embracing the End: Emotional and Spiritual Healing Can Happen Even in the Shadow of Death” profiled Vancouver physician David Kuhl, whose mission is to gently remind people “that the only thing standing between [them] and death is time or a terminal diagnosis. “The second half of the article featured TMI Professional Member Alexandre Chaligne, a Winnipeg meditation teacher. Alexandre has opened the Riverton Retreat Center, in the town of the same name, to provide “prepalliative care. “There, he offers the Living & Dying Program, which uses Hemi-Sync to help participants to live six days as though they were their last and to address issues of dying such as those raised by Dr. Kuhl. The center also offers a similar program called Death & Dying for terminal patients and their families. Both programs rely heavily on the *GOING HOME*® series developed by Robert Monroe in collaboration with Charles Tart, PhD, and Elisabeth Kübler-Ross, MD.

Newspapers (2007-3&4)

The Cyprus Weekly for June 8-14, 2007, featured “Peyia's Green Lady” by Deena Efstathiou in its lifestyle section. Efstathiou's article focused on Linda Leblanc, the first non-Cypriot to be elected to the town council of Peyia. Linda's affiliation with the Green Party and her commitment to environmental protection and conservation were discussed and how those interests made her especially suited to be president of Peyia's Cleanliness, Health, Parks, and Environment Committee. Linda also traveled to Brussels, Belgium, earlier this year as part of the Green Party delegation to the European Parliament. The author noted that Linda is a TMI Professional Member and OUTREACH Trainer who facilitates Hemi-Sync workshops and frequently donates Hemi-Sync music CDs to the Cyprus AntiCancer Society, Arodaphnousa, and the Paphos Hospice, thus helping many people. The article concludes, “Leblanc shows us how to make a difference, no matter what obstacles of language, nationality or culture we face.”